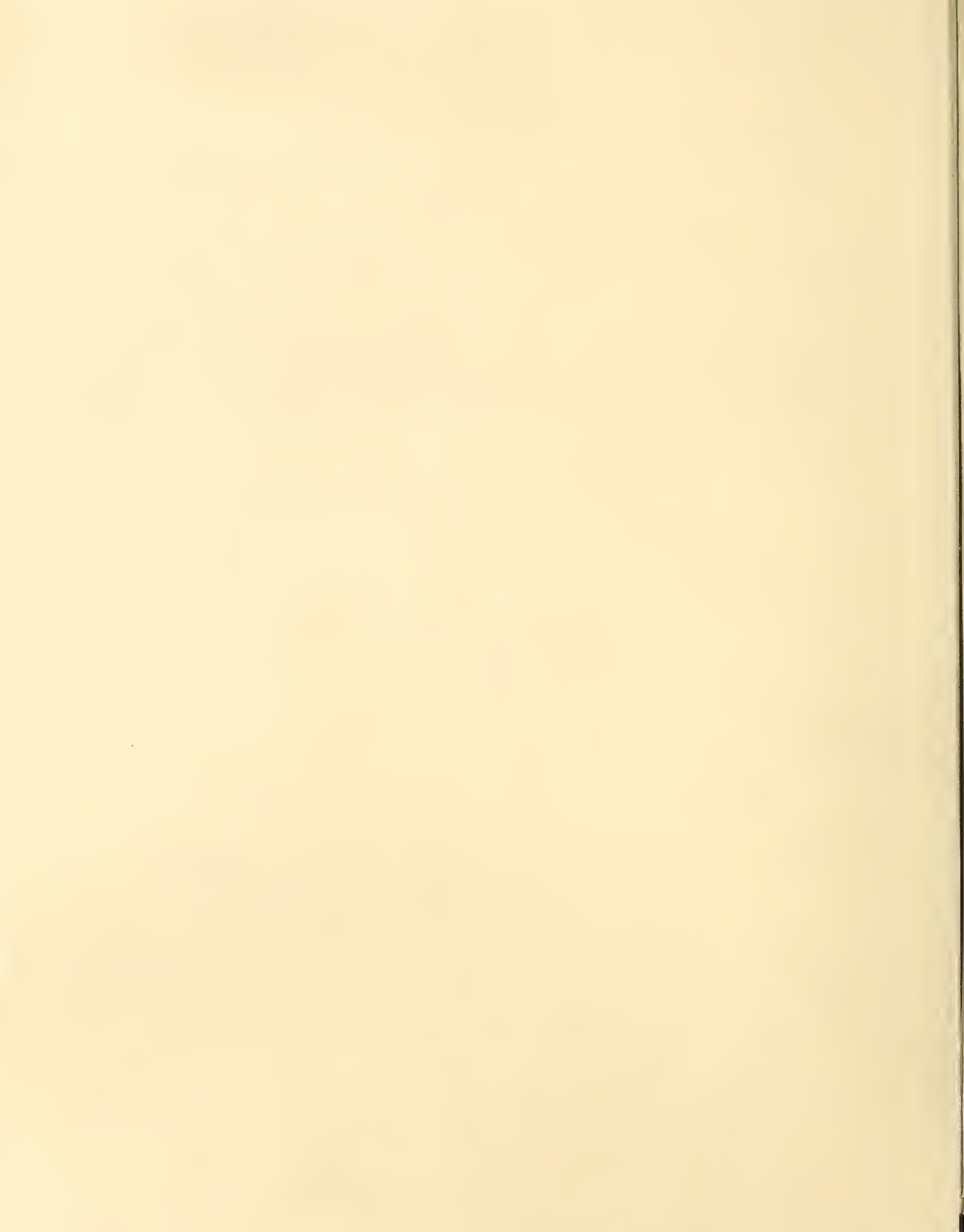


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THE HOUSEHOLD CALENDAR

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A radio talk by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through Station WRC and 35 other stations associated with the National Broadcasting Company, May 2, 1930.

When I chose my subject for today "Good Health of all Kinds for Children" Mr. Salisbury looked at me with surprise, and with good reason. We get so accustomed to thinking that health means only good physical condition that we often forget about healthy dispositions and healthy minds. And it is particularly hard for us to remember that very young children and even tiny babies are developing emotionally and mentally as well as physically. In fact it sometimes seems that we think babies and toddlers are doing nothing other than "just growing", and so we wait until they are five or six years old before we act seriously about their training and education, and then the job before us is more difficult. It was so with the parents in a certain old Greek legend. They became troubled about the behavior of their child and took him to a philosopher for advice. Listening to their story the sage asked "How old is the boy?" "Just three" the parents answered. "Too late, too late, my friends," the wise man said. "The mould is already set." It is true that many habits are formed and much of the pattern of growth is made in the very early years, but even with a bad start no child is a hopeless case at three. The philosopher only wanted to emphasize that it is much more difficult to remodel the toddler in disposition, ideas and physique than it would have been to mould him after a good pattern from infancy.

When we stop to think how dependent the baby is on grown-ups to bring experiences to him as he remains helpless in his crib for many months, it is not hard to believe that his development can be hindered or helped, and his good disposition made or marred by the kind and amount of attention we give him or fail to give him. Everything that is done for the baby, every experience that comes to him, contributes in some way to his development. It is easy to see the effect of a good physical routine on growth and physical health. We must watch also for the influence of other kinds of attention. Babies need to be talked to and played with enough to make them alert but not so much that they are overstimulated and made nervous. Sounds mean little to the young infant but as his sense of hearing develops he learns to distinguish between his mother's and his father's voice, and even between the tone of each voice, knowing that one tone is scolding, another approving. Through his eyes he gets a very different set of experiences as he gradually learns to focus on objects far away and then at closer range. And his movements aimless and undirected at birth grow to have some purpose as he discovers that he can touch his hands together, grasp objects with his closed fists, and finally direct things to his mouth or to another person.

And when the baby gets a little older, creeping around and then walking and talking, we must help him become independent and happy through learning to do for himself. Dependence and helplessness in the toddler keep him in that baby stage that many mothers enjoy. The mother who adoringly dresses, undresses, and feeds the child who is old enough to do for himself fails to realize that in doing all of these things for him she checks both his learning and his physical development. The child of two or three should have a chance to work out small problems of having to unfasten this, to carry that steadily and to lift something else into place. By solving such simple problems he learns to think for himself and he gradually develops a sense of importance and of inde-

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1. The first of the year was a very cold day. The temperature was below zero and the wind was from the north. The snow was very deep and the roads were very slippery. The people were very busy and the shops were very crowded. The children were very happy and the old people were very sad. The day was very long and the night was very dark. The sun was very bright and the moon was very full. The stars were very clear and the clouds were very white. The rain was very heavy and the wind was very strong. The snow was very deep and the roads were very slippery. The people were very busy and the shops were very crowded. The children were very happy and the old people were very sad. The day was very long and the night was very dark. The sun was very bright and the moon was very full. The stars were very clear and the clouds were very white. The rain was very heavy and the wind was very strong.

pendence. At the same time skill is developed and growth is stimulated in the small muscles of his fingers and the larger muscles of his arms and legs.

Disposition, temperament, or whatever you choose to call emotions, need watching and guiding too, so that the over-sensitive child can be made more callous and the too wilful child more pliable. Wilfulness and selfishness may be cunning at the age of two or three but at the age of twenty or thirty these characteristics are less attractive. Jealousy may be amusing in the four-year old but tragic in the forty-year old.

And so my plea for Child Health Week is to lay a good foundation early for all kinds of health for children: for physical health provide plenty of the right food, fresh air, sunshine, rest, sleep, exercise and suitable clothing; for mental health give just enough stimulating attention, carefully chosen toys and equipment and a chance for independence and self help; for emotional health careful guiding of the character as it is unfolding, and understanding treatment of any developing social or behavior problems such as selfishness, jealousy or temper tantrums. If you would be a good parent, make a special study of your job.

And now Parents and Homemakers, I bid you goodbye until next Friday.

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1. The first part of the paper is devoted to a general discussion of the problem of the origin of life.

2. The second part of the paper is devoted to a detailed discussion of the problem of the origin of life.

3. The third part of the paper is devoted to a detailed discussion of the problem of the origin of life.